



Eating Mexican Cuisine Healthfully

An enticing variety of cuisines from around the world are available to us, offering an array of unique flavors, textures and colors. Healthy choices can be found at ethnic restaurants if you learn how to select among the options. Here are a few tips to help you make the most of your dining experience in both taste and enjoyment while limiting the excess calories that often come with restaurant meals.

MEXICAN:

- Use fresh salsa, leave off the cheese
- Avoid/limit sour cream and guacamole
- Use soft taco shells; hard shells are fried
- Corn tortillas are lower in calories and fat than flour
- Watch out for tortilla chips which are fried

Healthier choices: Gazpacho, black bean or tortilla soup, Spanish rice, whole pinto or black beans, vegetable or chicken fajitas, fresh corn tortillas, arroz con pollo, soft chicken or fish tacos, cheeseless burritos, chicken enchiladas (*light on the cheese*), ceviche, salsa or pico de gallo

Foods to limit: Tortilla chips, nachos, chorizo, carnitas, refried beans, beef tacos, cheese enchiladas, quesadillas, chimichangas, chili rellenos, chili con queso dip, taco salad (*shell is fried*), Mexican pizza, guacamole, sour cream, flautas, chalupas, churros, sopapillas

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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